

Quinoa-Crusted Katsu Curry with Cauliflower Rice

Makes: 4 Servings

"I love to eat good food and I love to play soccer," says Grayson. "It's important for me to be able to run fast so I can help my team and make lots of goals—my favorite part! When I played with the Guam National Academy, I needed lots of energy to feel good at practice. I am part Japanese and one of my favorite meals is Katsu Curry Rice. I decided to make a healthy version of it so I could eat what I love but still have lots of energy to run! I love eating this meal with my family."

Ingredients

- 1 sweet potato
- 2 skinless, boneless chicken breasts, halved
- 2 egg whites
- 1/2 cup almond or quinoa flour, for dredging
- 2 cups cooked quinoa
- 2 tablespoons olive oil or nonstick cooking spray
- 1 teaspoon minced, fresh garlic
- 3 carrots, peeled and cut into bite-sized pieces
- 1/2 cup grated apple
- 2 cups low-sodium vegetable broth
- 2 tablespoons curry powder
- 1 tablespoon reduced-sodium Worcestershire sauce
- 1 head cauliflower, stem removed and chopped
- 1 teaspoon garam masala (or coriander seed)
- 1 teaspoon cumin
- 1 teaspoon freshly ground black pepper

Directions

1. **Preheat the oven to 425°F.** Place sweet potato on a



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	456	
Total Fat	8 g	
Protein	43 g	
Carbohydrates	54 g	
Dietary Fiber	11 g	
Saturated Fat	1 g	
Sodium	316 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	1/4 cup
Vegetables	1 3/4 cups

baking sheet, poke holes into the sweet potato with a fork, and bake for 45 minutes or until soft when pierced with a fork.

2. **Meanwhile, pound chicken flat to tenderize.** Place egg whites in a wide shallow bowl, and flour and cooked quinoa on plates. Dredge chicken in flour, dip in the egg whites, then in the cooked quinoa, coating well. Place on a large baking sheet and bake in the oven, while the sweet potato is cooking, for 25 minutes or until cooked through.
 3. **While chicken and sweet potato are cooking,** in a large nonstick skillet, warm 1 tablespoon olive oil over medium heat, add the garlic and cook for 1 minute. Then add the carrots and apple and cook for another 5 minutes. Add the broth, curry powder, and Worcestershire sauce. Let simmer for 10 minutes. When the sweet potato is cooked, scoop out the sweet potato and add to the vegetable-curry broth.
 4. **Into a food processor,** add the cauliflower and pulse to process into a rice-like consistency. (A hand grater will also work.) In a nonstick skillet, warm the remaining tablespoon oil over medium heat, add the cauliflower rice, and cook for about 5 minutes. Season to taste with garam masala, cumin and pepper.
 5. **To Assemble:** Divide the cauliflower rice, quinoa--crusted chicken, and curry broth among the four plates, placing the broth next to the rice. Enjoy!
- The 2016 Healthy Lunchtime Challenge Cookbook